Weekly rainfall and river flow summary

Wednesday 7 January to Tuesday 13 January 2026

1 Summary

It has been a notably wet week across England compared to the previous week, with river flows increasing at almost all sites we report on in response to recent rainfall. More than three-quarters of sites were classed as normal or above normal for the time of year, including 40% at normal and 38% above normal. Low-flow conditions were very rare, with only 4% of sites below normal and none notably low or exceptionally low.

1.1 Rainfall

It has been a notably wet week across most of England, with rainfall and snow significantly influenced by Storm Goretti from Thursday (8 January 2026) through Friday (9 January 2026). Rainfall totals for the week ranged from 23 mm in north-east England to 45 mm in south-west England (Table 1, Figure 1). Rainfall totals for January to date ranged from 34% of the long-term average (LTA) in north-east England to 66% of the LTA in central England (Table 1). For England as a whole, January to date, has received 49% of the LTA.

1.2 River flows

River flows increased at almost all sites this week (54 of 55; 98%), with only one site (2%) recording a decrease compared to the previous week. River flows were classed as normal at 22 sites (40%), and a further 21 sites (38%) were classed as above normal for the time of year. Notably high flows were recorded at 9 sites (16%), and 1 site (2%) was exceptionally high. Overall, river flows reflect a marked improvement from the previous week, with low-flow conditions very rare. Only 2 sites (4%) were classed as below normal, and none were notably low or exceptionally low. (Figure 2)

1.3 Outlook

Thursday is expected to be unsettled, with heavy rain and strong winds moving across southern, central, and eastern England. Conditions will improve overnight as rain clears eastwards, leaving clear spells and showers in the west. Friday will start with frost and fog before turning brighter with sunshine and showers, heaviest in the west and southwest England. From Saturday to Monday, the weather remains changeable, with a mix of clear spells and scattered showers.

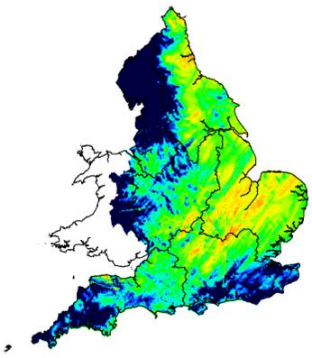
Table 1: Latest rainfall summary information (Source: Met Office © Crown Copyright, 2026)

Geographic regions	7 to 13 Jan 2026 total rainfall (mm)	Jan 2026 to date total rainfall (mm)	Jan 2026 to date rainfall % of LTA	Dec 2025 total rainfall (mm)	Dec 2025 rainfall % of LTA	Last 3 months Oct to Dec 2025 total rainfall (mm)	Last 3 months Oct to Dec 2025 rainfall % of LTA	Last 6 months Jul to Dec 2025 total rainfall (mm)	Last 6 months Jul to Dec 2025 rainfall % of LTA	Last 12 months Jan to Dec 2025 total rainfall (mm)	Last 12 months Jan to Dec 2025 rainfall % of LTA
north-west	33	43	35	171	118	504	124	861	119	1,285	101
north-east	23	27	34	90	100	324	121	541	111	771	87
central	36	44	66	92	122	295	130	450	108	667	87
east	29	34	64	55	94	215	117	341	96	509	81
south-east	39	47	60	89	107	263	102	425	99	673	87
south-west	45	53	45	174	136	438	117	643	106	1,078	99
England	34	41	49	105	114	324	118	516	107	789	91

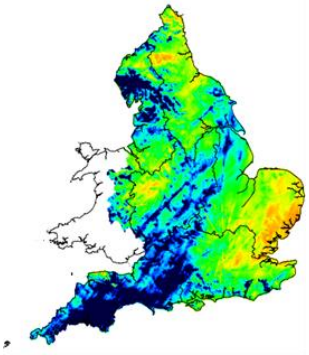
Notes: Long term average (LTA) rainfall for 1991 to 2020. Data for the current month are calculated using MORECS (Met Office Rainfall and Evaporation Calculation System); data for past months are provisional values from the National Climate Information Centre (NCIC). The data are rounded to the nearest millimetre or percent except when values are less than 1. Recorded amounts of rainfall are likely to be underestimated during snow events.

2 Rainfall

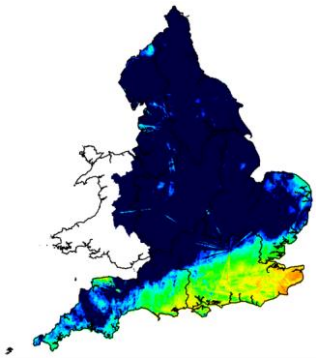
Figure 2: Weekly precipitation across England and Wales for the past 11 weeks. UKPP radar. Note: Images may sometimes include straight lines originating from the centre of the radar, resulting from tall trees and buildings located near the radar installation affecting its performance. This does not reflect actual conditions on the ground.



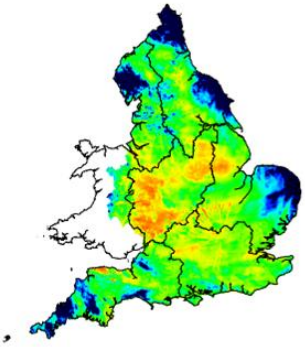
29 October to 4 November



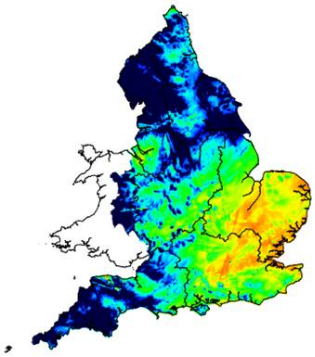
5 to 11 November



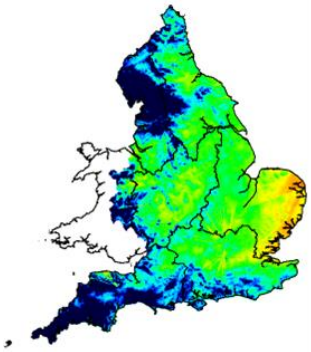
12 to 18 November



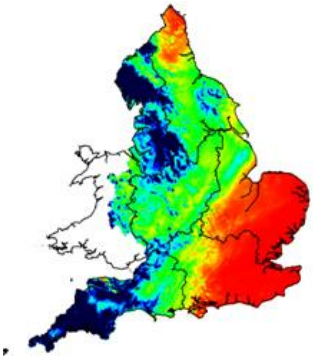
19 to 25 November



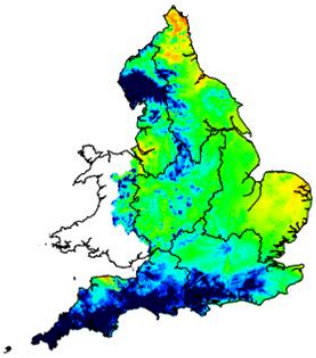
26 November to 2 December



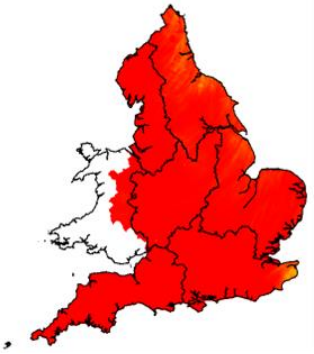
3 to 9 December



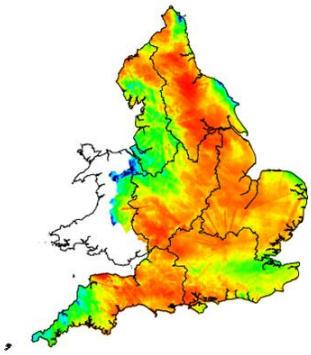
10 to 16 December



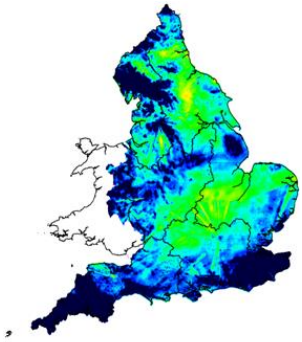
17 to 23 December



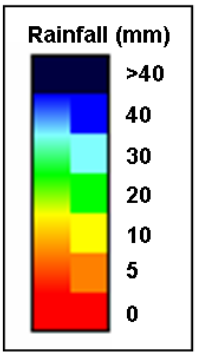
24 to 30 December



31 December to 6 January



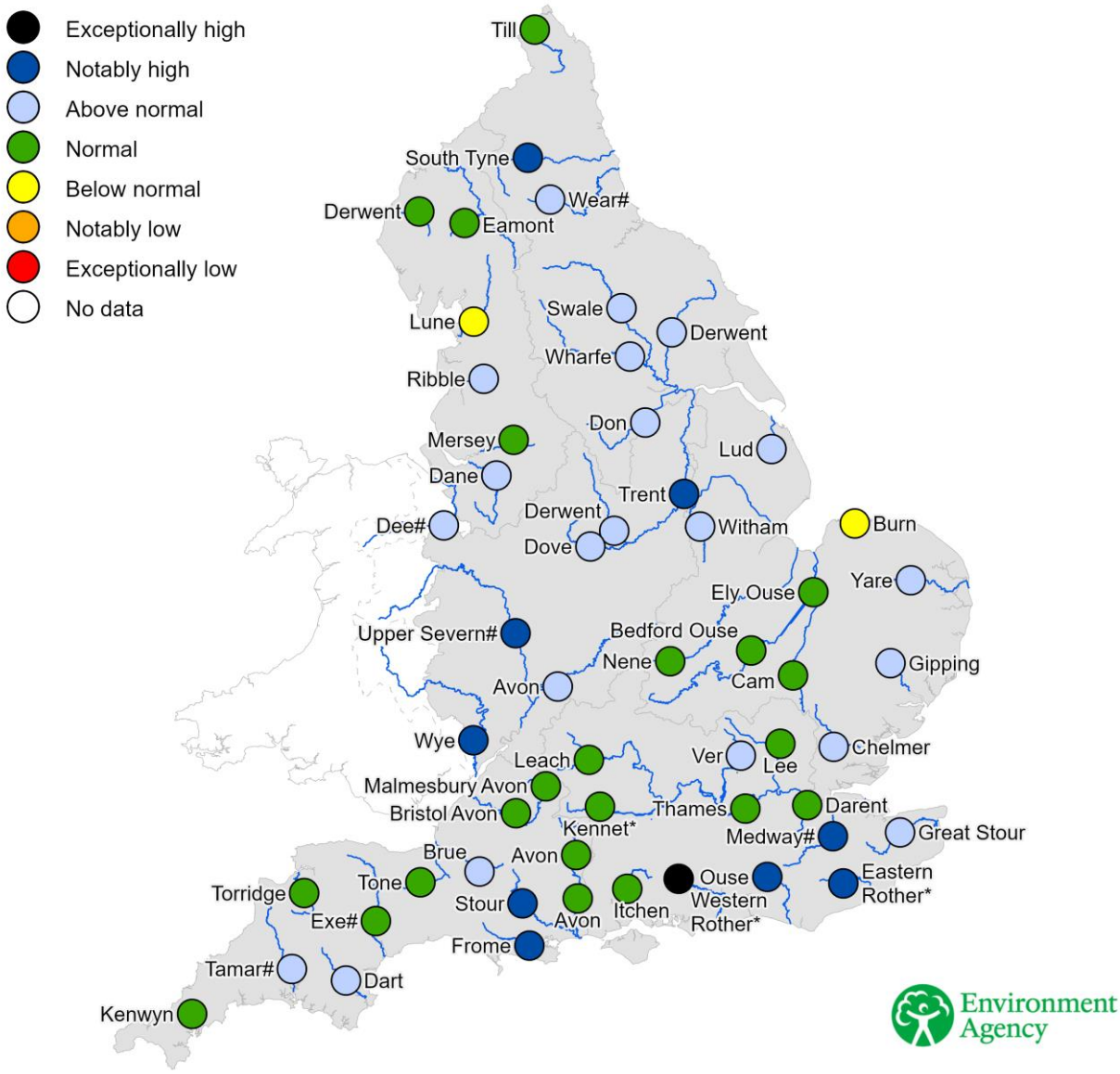
7 to 13 January



3 River flows

3.1 River flows map

Figure 3.1: Latest daily mean river flow, relative to an analysis of historic daily mean flows, classed by flow percentile for the same time of year. River flows for the River Thames at Kingston and the River Lee at Feildes Weir are naturalised. * Flows may be overestimated and data should be treated with caution. # Flows may be impacted by upstream reservoir releases.



(Source: Environment Agency). Crown copyright. All rights reserved. Environment Agency, AC0000807064, 2026

3.2 River flow categories

Exceptionally high	Value likely to fall within this band 5% of the time
Notably high	Value likely to fall within this band 8% of the time
Above normal	Value likely to fall within this band 15% of the time
Normal	Value likely to fall within this band 44% of the time
Below normal	Value likely to fall within this band 15% of the time
Notably low	Value likely to fall within this band 8% of the time
Exceptionally low	Value likely to fall within this band 5% of the time